



# NOVEMBER 2020



Happy November!

Unfortunately, the tents are gone. It was a great benefit to have them and it allowed us to have 7 fitness classes every week as well as get together on a couple of afternoons a week to keep people engaged. People came to get information out at the tent and applications were completed. I am so grateful to Antiques and Collectables of Southbridge for giving us such a great rate on the rental price.

Code compliance has started here at the building but is far from finished. Work will resume on November 5 and is expected to take around 10 weeks. Remember, there are phases to be completed. Continue to call the center for information and help.

We are currently filling out applications for SNAP benefits, housing applications with CHAMP apps and Mass Health over the phone. We can even apply for Medicare for someone if they do not have access to a computer to do it themselves.

Again, Fuel Assistance will not be coming to the center this year but you can call 508-854-1176 or go on [wcac.org](http://wcac.org) to apply. Currently there is no SHINE counselor coming to the center and all appointments are remote. To get help please call 508-422-9931

## ELDERBUS

### In town daily

\$1.50 each way

Medical Trips into Worcester

**Monday, Wednesday, Friday**

\$2.00 each way

**24 hour business day notice by calling:**

1-800-321-0243

Currently grocery shopping or Medical trips only

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## NEWS FROM SHINE NOVEMBER-DECEMBER 2020

### Medicare Open Enrollment Ends December 7<sup>th</sup>!!

It is important to review your options EVERY year to be sure your insurance coverage is still the best for your needs. Open enrollment is the time you can change your medical and or prescription drug coverage for 2021. Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK **BEFORE** YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

THIS YEAR WE ARE STRONGLY URGING ALL BENEFICIARIES, TO SIGN UP FOR A “MyMedicare Account”. HAVING THIS ACCOUNT WILL ALLOW US TO ASSIST YOU MORE COMPREHENSIVELY WITH YOUR CHOICES FOR 2021. INFORMATION ON SIGNING UP IS AVAILABLE ON OUR WEBSITE [www.shinema.org](http://www.shinema.org). JUST CLICK ON THE **MYMEDICARE** LINK.

#### CENTRAL MASS SHINE WEBSITE

Please visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. OUR COUNSELORS ARE WORKING REMOTELY! Call your senior center and ask for a SHINE phone appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 4. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can also email us at [info@shinema.org](mailto:info@shinema.org)**

#### MEALS ON WHEELS

Don't forget to check out the menu on the following page to see what November's meals are. You may find something you would like to try. Just call to register and schedule a delivery. Suggested voluntary donation is \$3 call 508-885-5767

## Tri-Valley, Inc. - November 2020

Monday		Tuesday		Wednesday		Thursday		Friday						
2	<b>Chicken Pot Pie</b> Mashed Potatoes Corn Niblets Peaches Biscuit	Na+ 199 107 1 5 340	3	<b>Spaghetti &amp; Meatballs</b> Green Beans Cookies Italian Bread	Na+ 352 0 190 96	4	<b>Potato Crunch Fish</b> Herbed Potatoes Peas & Onions Fruited Ambrosia Pumpnickel Bread Tartar Sauce	Na+ 280 7 7 10 135 85	5	<b>Shaved Steak &amp; Cheese*</b> Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll	Na+ 548 25 53 0 290	6	<b>Garlic Herbed Chicken</b> Bread Stuffing California Blend Vegetables Vanilla Pudding Diet = SF Tapioca Pudding Whole Wheat Bread	Na+ 359 323 36 170 125 138
Cal: 755	Na+: 777mg	Cal: 766	Na+: 763mg	Cal: 847	Na+: 648mg	Cal: 870	Na+: 1052mg	Cal: 689	Na+: 1151mg Diet Cal: 619 Na+: 1106mg					
9	<b>Stuffed Pepper Casserole</b> Garlic Mashed Potatoes Glazed Carrots Cookies Marble Rye Bread	Na+ 176 107 53 100 105	10	<b>High Sodium Meal</b> <b>Hot Dog *</b> Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard	Na+ 540 370 30 0 195 50	11	<b>Veterans Day</b> <b>No Meal Served</b> 		12	<b>Ranch Chicken*</b> Wild Rice Spinach Peaches Muffin	Na+ 531 279 87 5 149	13	<b>Braised Beef</b> Gemelli Pasta Jardiniere Vegetables Pineapple Italian Bread	Na+ 197 8 18 0 96
Cal: 805	Na+: 749mg	Cal: 807	Na+: 1312mg	Cal: 803	Na+: 1176mg	Cal: 838	Na+: 444mg							
16	<b>Chicken Pesto*</b> Red Bliss Potatoes Mixed Vegetables Lemon Pudding Diet = Vanilla Pudding Pumpnickel Bread	Na+ 521 5 30 180 125 135	17	<b>Beef w/Onions &amp; Peppers</b> Steak Cut French Fries Peas Strawberries Sandwich Roll	Na+ 423 25 7 2 290	18	<b>Roast Pork Loin</b> <b>with Gravy</b> Apple Cornbread Stuffing Country Blend Vegetables Cinnamon Peas Muffin	Na+ 266 170 338 22 5 149	19	<b>American Chop Suey*</b> Broccoli Bread Pudding Italian Bread	Na+ 776 16 184 96	20	<b>Fish with Crumb Topping</b> Potatoes Au Gratin California Blend Vegetables Fresh Fruit Pumpnickel Bread	Na+ 315 285 36 0 135
Cal: 694 Diet Cal: 644	Na+: 995mg Na+: 577mg	Cal: 720	Na+: 872mg	Cal: 784	Na+: 1074mg	Cal: 686	Na+: 1197mg	Cal: 706	Na+: 897mg					
23	<b>Shepherd's Pie</b> Carrots Peas Mixed Fruit Marble Rye Bread	Na+ 267 53 7 20 105	24	<b>High Sodium Meal</b> <b>Roast Turkey</b> <b>with Gravy</b> Cornbread Stuffing Winter Squash Cream Puff Italian Bread	Na+ 683* 150 242 75 85 96	25	<b>Meatloaf</b> <b>with Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Pumpnickel Bread	Na+ 202 82 106 1 0 135	26	<b>Thanksgiving</b> <b>No Meal Served</b> 		27	<b>Jambalaya*</b> Rice Pilaf Green Peas Pineapple Whole Wheat Bread	Na+ 662 70 7 0 138
Cal: 796	Na+: 577mg	Cal: 782	Na+: 1457mg	Cal: 757	Na+: 652mg			Cal: 678	Na+: 1001mg					
30	<b>Teriyaki Beef</b> Steamed Rice Broccoli Pears Fortune Cookie Whole Wheat Bread	Na+ 438 100 16 4 0 138	<div><b>MENU IS SUBJECT TO CHANGE</b></div> <div>Meals are based on a No Added Salt (3,000 - 4,000 milligram) diet for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your dietary requirements.</div> <div>Na+ = Sodium</div> <div>*Indicates higher sodium entrée</div> <div>High Sodium Meal = &gt;1200mg</div> <div>mg = milligrams</div> <div>Breakdown includes 125mg Na+ for milk</div>											
Cal: 781	Na+: 821mg	Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.												

*Our caterer is working hard to fulfill menu items as printed. Thank you for your patience, as we do anticipate possible menu changes due to vendor shortages and product availability at this time.*



### SENIOR TAX WORK OFF PROGRAM

Usually this time of year we are turning in all the hours worked in this program in the last year for credit on the first tax bill of 2021. This year is decidedly different!

Workers in 2020 got an abrupt halt to hours due to Covid. Town buildings closed and remain closed now. All essential duties are being carried out but since all of the workers are in the high risk category, no assignments are ongoing at this time. There is no set date when we will begin to be able to open the program. I will keep the public informed and will put up the applications when a vaccine is available and people have the opportunity to get it.

The first 3 months is dedicated to lower income seniors and then after that initial first 3 months, any resident over the age of 60 is able to apply. We match skills up to departmental needs.

Bear with us! The program is not going away.

### FOOD PANTRY

If things get a little lite food wise you can always go to the food bank at Mary Queen of the Rosary church on Thursday morning.

You can get a good amount of food monthly. Currently you will need to stay in your car. Wear a mask in case

A worker needs to speak to you.

Line up and they will have you pop your trunk open to receive the supply.

Please adhere to all policies and stay in your car.

This is a great source of help for those struggling. The individuals working there are all volunteers so please do not be rude. They are supplying a service to those who need the help.

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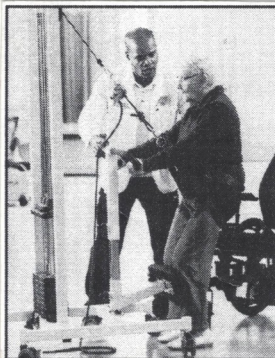


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